

# Facet



THE CENTRAL IOWA EXPERIENCE  
DECEMBER 2013

**BAKING A  
DIFFERENCE**  
ONE COLO MOM'S  
SWEET WAY OF  
GIVING BACK

## A SUITE TRADITION

BEHIND THE SCENES OF AMES'  
ANNUAL PRODUCTION OF  
"THE NUTCRACKER"

RECIPES FOR CHRISTMAS EVE  
& CHRISTMAS MORNING  
FIGHTING CABIN FEVER



# Facets presents Your Home Buying Checklist

## *Buy into the Circle of Ames Businesses*

### Kim Iiams

Vice President Residential  
Mortgage Originator  
Office: (515) 290-1464  
NMLS ID#: 571186  
kiiams@bankerstrust.com

**Bankers**  
*Trust*

BankersTrust.com  
Member FDIC



**Choose your  
bank**

### Paul Livingston

CRB, CRS, GRI  
105 S. 16th St.  
Ames, IA 50010  
515-291-0154

**HUNZIKER**  
& ASSOCIATES,  
REALTORS



**Choose your  
realtor**

### Tessa Mason

Insurance Agent  
Office: 515-232-5240  
Cell: 515-865-6231  
Fax: 515-232-3093  
Tessa@triplettins.com

**Triplett**  
COMPANIES  
Serving Central Iowa Since 1912



**Choose your  
insurance  
company**





**Our New Fall and Winter Fashions are here**



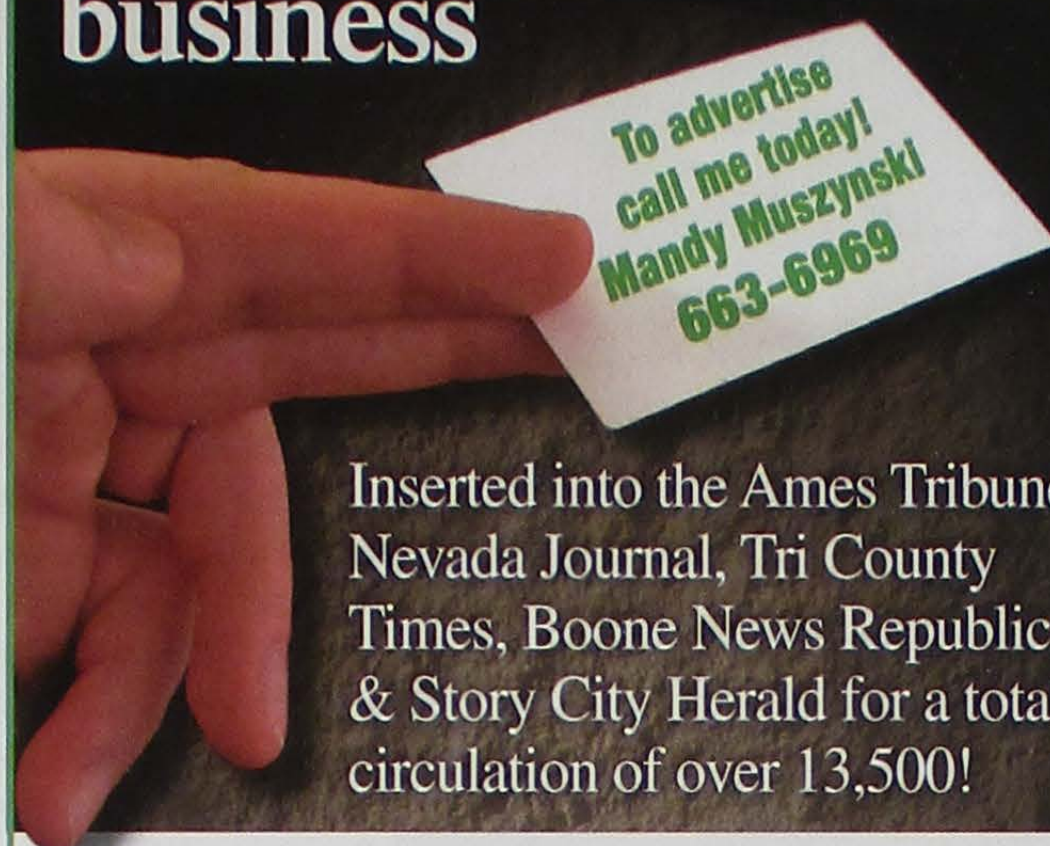
**All the Brands You Love!**

701 Story Street • Downtown Boone  
515-432-8606

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
9-5:30	9-5:30	9-5:30	9-8	9-5:30	9-5

[www.hollysinboone.com](http://www.hollysinboone.com)

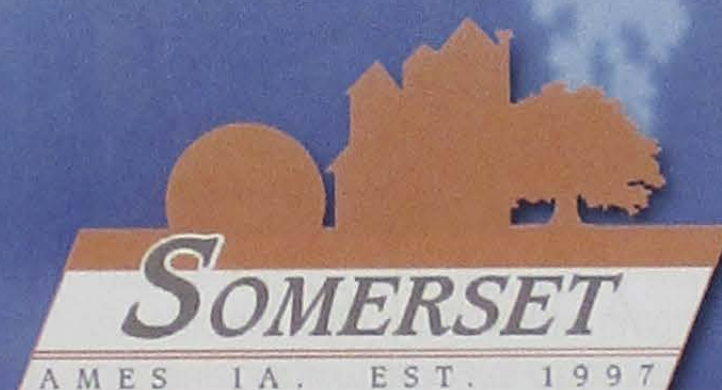
**Let's get down to business**



Inserted into the Ames Tribune, Nevada Journal, Tri County Times, Boone News Republican & Story City Herald for a total circulation of over 13,500!

**Facets**

# Experience Somerset



**\$ Sunstone \$**  
**Massage & Bodywork**

Medical Massage • Orthopedic Massage  
Extreme Relaxation • Sports • Trigger Point  
Pregnancy • Corporate • Special Events

**Looking for the perfect holiday gift?**

*Give them the relaxation of a massage!*

**Call Today to ask about our Gift Certificates!**

**515-708-1787**

2603 Northridge Pkwy • Ames, IA 50010

**BRICK CITY GRILL**

**Kids Eat for 99¢**

Receive a \$3 game card from **perfect games** with kids meal purchase

**EVERY MONDAY**

**FROM 5-8 WITH EACH ADULT MEAL PURCHASE**

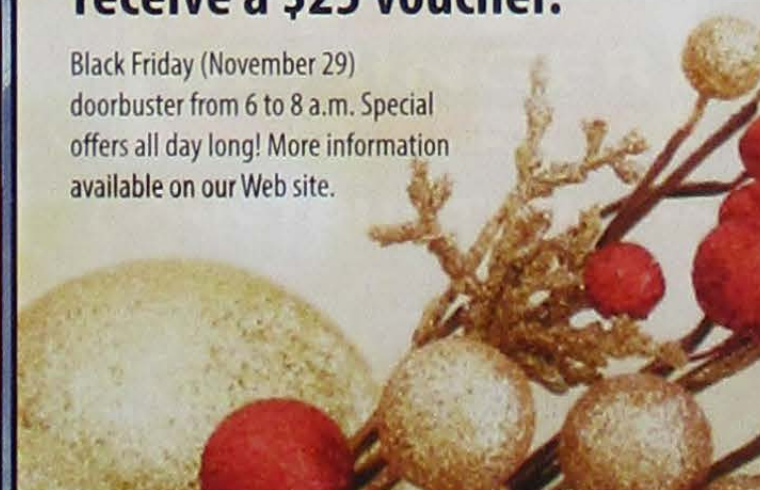
2704 Stange Rd, Ames

**BrickCityAmes.com**

*Shine bright this holiday season at Finesse Spa Salon!*

**Buy \$100 in gift cards, receive a \$25 voucher.**

Black Friday (November 29) doorbuster from 6 to 8 a.m. Special offers all day long! More information available on our Web site.



Finesse Spa Salon • 2716 Stange Rd.  
515.268.4643 • [finessespasalon.com](http://finessespasalon.com)

**REDKEN**



# Facets

THE CENTRAL IOWA EXPERIENCE

Editor

NICOLE WIEGAND

Contributors

DEBRA ATKINSON

MARLYS BARKER

TODD BURRAS

AMY CLARK

BETH DALBEY

MARY CLAIRE LOKKEN

KAREN PETERSEN

JAN RIGGENBACH

Photographers

ELI HAMANN

NIRMALENDU MAJUMDAR



Stephens  
Media Iowa LLC

FACETS IS A MONTHLY PUBLICATION  
OF STEPHENS MEDIA IOWA, LLC.

Tribune Editor

ALEXANDRA HAYNE

Publisher

GEOFF SCHUMACHER

## ADVERTISERS

To advertise in Facets magazine,  
contact Amanda Muszynski at  
(515) 663-6969

PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

nwiegand@amestrib.com

ONLINE

[www.amestrib.com/sections/special-sections/facets](http://www.amestrib.com/sections/special-sections/facets)

**ON THE COVER:** Joy Voelker and Hanan C. Misko starred in the 2012 production of "The Nutcracker" presented by the Robert Thomas Danceneter and Stephens Auditorium. PHOTO BY DAVID DERONG/ IOWA STATE CENTER

## EDITOR'S NOTE

I have a bit of a confession to make.

There's a particular holiday tradition my family has followed since as far back as I remember, and this year I'll be forced to break it for the first time.

It's not really that big of a deal, I suppose, but I guarantee you I'll be feeling the guilt later this month as I stand in the check-out line with a shiny, brand-new plastic Christmas tree.

Since I was little, my parents always made it a point to snag up a live tree (usually mere days before the holiday, per my frugal father), set it up in the living room and allow my siblings and me to decorate it with ornaments made out of Kleenex and candy canes and glued-together Popsicle sticks, memories of elementary-school holiday parties of the past.

I might add that it's rather difficult to find a respectable tree so close to the 25th, and thus, our Christmas trees more often than not closely resembled the sad sapling featured in "A Charlie Brown Christmas."

Regardless of its modest nature, it never failed to drip sap and leave a trail of pine needles (much to my mother's dismay) until it was kicked to the curb sometime in mid-January.

So, this year, faced with the choice of filling my apartment with the familiar scent of pine or blatantly disregarding my lease agreement, I've resigned myself to the fact that I'll have to pick out my holiday decor in the aisle of a store rather than the parking lot of the German Township Fire Department.

I'm OK with this realization in principle; it was the breaking-from-my-Christmas-comfort-zone that I was a bit conflicted about.

I realized, though, there were plenty of things that remind me of family and home that I can still hold onto.

I can still bake the three kinds of cookies my dad always helped us roll out, cut out and spend far too long decorating.

I can still make a meal of fancy hors d'oeuvres before midnight Mass on Christmas Eve, although I'll be in Iowa and not in Indiana.

I can still stuff (my own) stockings with expensive chocolate that won't make



it past noon on Christmas day, and a few scratch-off lottery tickets too, for good measure.

And, much to my neighbors' dismay, I can still run around in my pajamas as the clock strikes midnight on New Year's Eve banging pots and pans with a wooden spoon to ring (bang?) in the new year ... although I'll probably refrain this time.

While the bulk of my experiences with family and friends revolve around Christmas, traditions are traditions whether you celebrate Hanukkah or Kwanzaa, Eid Al Adha or the Chinese New Year, or you're simply excited for the return of cold weather and snow (in which case I need to take a page from your book, as I'm currently counting down the days until flip-flop weather).

For now, though, I'll be sipping a peppermint hot chocolate (see page 21 for a tasty recipe!) and stringing lights, popcorn and a Polish pickle ornament on my fake, plastic tree.

Have a fantastic and safe holiday season — I'll see you in 2014!

*Nicole Wiegand*

NICOLE WIEGAND



# DECEMBER 2013 CONTENTS

## FEATURES



### 6 | A SUITE TRADITION

Head behind the scenes of "The Nutcracker," an Ames tradition presented by the Robert Thomas Dancer.

### 8 | BAKING A DIFFERENCE

Colo's Bonnie Alley works with national organization Icing Smiles to bring sweet treats to ill children.

### 10 | AMES' LUCKY STAR HOLIDAY MARKET

In its first year, the Lucky Star Holiday Market will feature the crafts and creations of several central Iowa artists.

### 14 | DÉCOR GALORE

Boone ushers in the holiday season with an annual celebration featuring beautifully adorned Christmas trees.

## DEPARTMENTS

### 12 | EXPLORE

Ames Tribune Outdoors editor Todd Burras guides us through the frozen tundra of winter recreation in Iowa.

### 15 | CULTIVATE

Jan Riggensbach breaks down the basics of tending to winter-berries through the season.



### 19 | SAVOR

Mix up the perfect batch of Christmas cookies, topped off with a mug of homemade peppermint hot chocolate.

### 22 | CREATE

They're some of Maria Rainer's "favorite things" — dress them up for perfect gift-giving this season.

### 23 | BEAUTIFY

The holiday season is all about one thing — shine. Tips from Mary Clare Lokken will ensure you'll stand out at every holiday function.

### 24 | PROVIDE

Karen Petersen outlines the four lists you should make to stay on top of holiday giving — and treat yourself in the process.

### 25 | NOURISH

Dietitian Amy Clark explains the NuVal system of nutritional scoring, complete with two tasty (and healthy) holiday recipes.

### 26 | MOVE

Debra Atkinson outlines how to stay in tip-top shape, despite holiday treats and travel.

...

### 28 | PEOPLE

See who's been out and about over the course of the last month.

### 30 | FACETED WOMAN

Get to know Jill Goodale, recent Appaloosa World & NSBA horseback riding champion.

## General Contracting, Additions, Bathroom, Kitchen, and Basement Remodels



Thanks to Geisingers high quality work and efficient style, our Nutrition program continued without any interruption to our meal program! They were very professional and the improvements have made our operation more efficient, too!

Thanks Geisinger for your attention to detail!

*Heartland Senior Services*



## CONSTRUCTION Inc.

- Residential
- Light Commercial
- Farm

P.O. Box 544 • Ames, Iowa

**515-232-8951**

[geisingerconstruction@hotmail.com](mailto:geisingerconstruction@hotmail.com)





PHOTO BY DAVID DERONG/IOWA STATE CENTER

# A Suite tradition

All signs 'pointe' to another enchanted holiday in Ames with 'The Nutcracker' set to open its 33rd year

BY BETH DALBEY

The year Christmas didn't come to Ames would be the same year the Iowa State Center didn't offer holiday productions of the classic holiday ballet "The Nutcracker."

Fortunately for those who believe in the magic and wonder of Christmas, that hasn't happened in 32 years and it won't happen this year.

Robert and Miyoko Thomas of Ames' Dancenter have directed the ballet since its opening run in 1981, and it's a tradition that many of the dancers wouldn't miss.

Ballet mistress Ellen Mullen, for example, was in the first cast as a high school student and has danced in many productions since.

"It wouldn't feel like Christmas without it."

— Ellen Mullen, *Robert Thomas Dancenter*

"It's such a tradition," Mullen said of Alexandre Dumas's adaptation of E.T.A. Hoffmann's 1816 fairy tale, "The Nutcracker and the Mouse King."

"It wouldn't feel like Christmas without it," said Mullen, who in addition to running rehearsals will play the part of the mother of Clara, the heroine whose dream of a nutcracker doll transformed into a prince, wicked mice, sweets come to life and dancing snowflakes is guaranteed to keep wee audiences spellbound.

Mullen's words echo those of dozens of central Iowa families for whom dancing in "The Nutcracker" is an annual tradition. The cast includes more than 200 dancers, including the family of LeAnn and Gary Oldenburger of Altoona, who have been shuttling their brood of eight children to Ames for rehearsals since 17-year-old Faith, the oldest, landed a role in the ballet seven years ago.

For the Oldenburgers, "The Nutcracker" is as much a part of the Christmas tradition as the

holiday turkey. Each year, the family buys out an entire box section for other family members and friends.

This year, six of the eight Oldenburger siblings have been cast. The exceptions are 8-month-old Owen, who is too young, and 14-year-old Adrian, an accomplished dancer who is studying ballet abroad at the prestigious John Cranko Schule in Stuttgart, Germany.

## CLARA, THE HEROINE, TIMES THREE

Alessandra Oldenburger, 12, is one of three young ballerinas chosen for the coveted role of Clara in this year's production. A different girl plays Clara in each of the three performances to give as many dancers a chance as possible.



She's sharing the spotlight with Spencer Droste, 11, of Boone, and Eva Kellen, 11, of Nevada.

All three girls say dancing in one of the "The Nutcracker's" lead roles has improved their technique and elevated their confidence. They competed with 200 other dancers for the part of Clara.

They all aspire for a career in dancing. Alessandra and Eva each dream of becoming a prima ballerina assoluta, a rank given to the best of the best, and Spencer aspires to teach dance.

All three are veterans of the Dancenter production of the holiday classic, though dancing as Clara requires "a little bit more acting," Alessandra said.

Nailing the facial gestures is key.

"You have to be convincing, whether you're happy, scared or upset," Eva said. "You really have to get into character so you look like you know what you are doing."

And because each of the Claras only gets one chance before the audience, the pressure is on.

"It's a big part, and you only get one shot," Eva said. "Any other part can get multiple chances, but this is the one you have to get right the first time."

"Clara really opens a lot of windows for us," Alessandra said.

Spencer won the lead role in her first tryout, but for the other dancers playing Clara this year, success came after several attempts.

The lesson: "If you try to achieve it, you can get it," said Eva, who tried out for the part in both 2011 and 2012.

John Topf, 15, of Ames, is cast in the lead male role, the nutcracker who turns into the prince in Clara's dream.

Playing opposite three different Claras allows him to display



The Oldenburger children, from left: Alessandra, Faith, Miranda and Dylan; front: Noelle and Mirabella. PHOTO BY NICOLE WIEGAND/FACETS

## "THE NUTCRACKER"

**WHERE:** STEPHENS AUDITORIUM, BEACH AVE., IOWA STATE CENTER, AMES

**WHEN:** 1:30 AND 7:30 P.M. DEC. 14, AND 1:30 P.M. DEC. 15

**TICKETS:** FROM \$41. AVAILABLE AT THE STEPHENS AUDITORIUM TICKET OFFICE (NO FEE), ONLINE AT TICKETMASTER.COM OR AT ALL TICKETMASTER OUTLETS, OR BY PHONE AT (800) 745-3000.

his versatility. Dancing with a different partner in each performance is seamless for the most part, though he has to mind his dips when he's paired with Alessandra, who towers several inches above the other two.

"It's not such a challenge, because we have done lots of work at the studio before we get to Stephens," he said.

### PROFESSIONALS INSPIRE, "RAISE THE BAR"

While Alessandra said a part in "The Nutcracker" is an important addition to her dance résumé, her brother Dylan, 13, is finding participating in the production is a way to assert his independence.

Dylan is legally deaf and

he resists the efforts of Faith, Alessandra and his other sisters — Miranda, 15; Mirabella, 9; and Noelle, 7 — to give him too much help.

Dylan has played one of the mice in the past, and this year he has a larger role as Fritz's friend.

"He's good at watching the other kids, and they've given him parts that are a little bit ragtime and more forgiving," LeAnn Oldenburger said. "It gives him a chance to participate like all of the other kids and assert his own identity. His sisters want to help him, but he pushes them away."

In early December, two professional dancers — Joy Voelker Matossian and Justin Michael Koertgen, in the roles

of the Sugar Plum Fairy and her Cavalier — will join the cast.

"It's incredible to see how they work," Faith Oldenburger said. "That is what you are working up to."

Matossian is an Ames native and a Facebook friend of many of the cast members, offering professional advice on auditions and other matters, Faith said. Koertgen is new to the role of the Cavalier for this year's Nutcracker performance.

"They definitely raise the bar as performers," Mullen said. "It's great for the kids to see someone at that level on a daily basis, and they are very nice and sweet to the kids."

Topf agreed, but said some of his inspiration for turning in a superb performance as the Nutcracker came from Adrian Oldenburger, with whom he shared the role last year.

Both young men have been involved in "The Nutcracker" for several years.

"He showed up at auditions as long as I was in it," John said, "and I could see him getting better and better each year. He challenged me to be a better dancer, and I think there are higher expectations put on me because of that."

But his main goal is to enchant the audience. For him, much of the magic is in Tchaikovsky's cherished score.

"Part of the fun of the production is the music," he said. "It really is beautiful, with lots of memorable pieces. I really like all of the music that I dance to and everyone else dances to, and the way it fits together."

It's Christmas, and without "The Nutcracker," the season wouldn't be the same in Ames.

"The other thing I like most is that it is the Christmas season," he said. "It's a very entertaining story, and it's fun to be there year after year and see how everyone has grown up." ♦





# Baking a Difference

PHOTO AND STORY BY  
MARLYS BARKER

**O**n any given day, Bonnie Alley is juggling a lot of tasks. She runs her own bakery, co-owns a pizza business with her husband and helps maintain the Colo-NESCO School District's website.

But, this busy Colo mom says she has much to be thankful about, because when she has free time, she can choose to take a walk, read a book or watch television.

She can also choose to brighten the day of a family and a child who aren't so lucky. As the state representative for Icing Smiles, Alley is going to get

the opportunity to fill her free time doing her share of that.

At the beginning of this year, Alley, in the midst of doing research for her bakery, came across some information about Icing Smiles, a national organization that works to bring the joy of a beautiful baked item — usually a cake — to a family whose world has been turned

upside down by the critical illness or health situation of a child.

Alley immediately signed up to be a baker for Icing Smiles, and when she found out she had been accepted, "I was jumping up and down and clapping my hands like a 2-year-old," she said. Not long after that, she was named state representative



for Icing Smiles, an honor that made her literally envision doing cartwheels in celebration. "But I was worried I would throw my hip out," she said, laughing.

Since February, Alley has been working to grow the Icing Smiles organization in Iowa. She organized a successful fundraiser, the First Annual Cake Chase, a 5K run/walk held in Altoona in October, and she has recruited bakers and supporters for the state organization. She would specifically like to thank Ames Ford Lincoln and Fort Dodge Ford Lincoln Toyota for becoming the state sponsors for Icing Smiles.

Alley has also, during the course of the year, been promoted to being a state representative trainer for Icing Smiles, and she has experienced her first "calls to action" as a baker for Icing Smiles.

"I have met the most amazing people through Icing Smiles...self-employed business owners, dedicated volunteers, mayors, newspaper journalists, television reporters, nurses, doctors, patient advocates and some big-name sugar artists and cake decorators, but the most memorable (people I've met) are always the children."

— Bonnie Alley, Iowa representative for Icing Smiles

Two of her calls were to bake cakes for families affected by cancer. Icing Smiles bakes not only for the children who are sick, but also for the siblings of those children, because they, too, often have a hard time when a brother or sister becomes critically ill. "One of my calls was to bake a cake for a sibling whose brother passed away from neuroblastoma. Another was for a little girl who is undergoing cancer treatment at Blank Children's Hospital," Alley said.

She has also had three cookie baking requests, two for families, and one for the Fisher House at Andrews Air Force Base this December. Alley said the Fisher House Foundation holds a Christmas event every year, and Icing Smiles provides custom sugar cookies for the event. She is honored to be part of a small group of bakers chosen to supply the treats.

"I have met the most amazing people through Icing Smiles...self-employed business owners, dedicated volunteers, mayors, newspaper journalists, television reporters, nurses, doctors, patient advocates and some big-name sugar artists and cake decorators," Alley said. "But the most memorable (people I've met) are always the children."

Alley said she is "crazy for Icing Smiles," and to those who might like to be part of the organization, she said, "It does take a special kind of person ... anyone who has a willingness to give back to others."

As the organization becomes better known in Iowa, Alley said she expects the cake requests to continue to grow, as they have grown already this year. She loves the generous bakers who have become part of the Iowa Icing Smiles organization, noting that a bond develops between all of them. When one is getting a cake ready for a special child, she said, "the excitement of that cake is contagious; it spills over onto all of us who are watching and cheering from the sidelines."

The best moment of all, Alley said, is seeing the smiles on the children's faces when they see their cake for the first time. "These kids should be playing on the playgrounds, running with their friends and worrying about what clothes to pack for their best friend's sleepover," she said. "But most of them are doing none of that."

Alley said Icing Smiles has made her give thanks for all the things she has in her life, including her God-given talent for baking and decorating beautiful cakes that she can now give to others. "It continues to remind me of how precious each second is," she said.

To learn more about Icing Smiles in Iowa, contact Alley at (515) 450-4615, or visit her business website: [www.simplydelishbakery.com](http://www.simplydelishbakery.com), where you can find a link to Icing Smiles under the Welcome page. ❖



I wish you  
**Peace,**  
& **Joy**  
**Love**  
this holiday  
season

because life is...  
**More Than Money**



**Karen L. Petersen, CFP®**

2613 Northridge Pkwy (Somerset)

Ames, IA 50010

515.232.2785

[Karen@myMoreThanMoney.net](mailto:Karen@myMoreThanMoney.net)

\*Registered Representative Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC  
Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.





## Ames crafters young and old form first 'live Etsy' local market

BY JULIE FERRELL

As the holiday season approaches, Iowa artists are joining together to offer local gifts and goods to Ames shoppers.

The first-ever Lucky Star Market is described as a "live Etsy" by founder Jody Bergan Bennett, and will be Dec. 7 at Prairie Moon Winery.

The idea began when Bennett and her sister were growing up and shopping at local antique stores for what Bennett called "lucky finds." Bennett eventually opened up a store on the crafting website Etsy for her mixed media pieces, and her sister moved to Denver and created a popular seasonal market. Bennett helped set up her sister's market, the Horseshoe Craft and Flea Market, and was inspired by the success of it.

"After seeing how amazing that had been and what a great community-building event it was, we just decided that Ames is a great place, so why can't people come here for things like this?" Bennett said.

Bennett said that while some art shows are held in areas like Des Moines, this market will be the first of its kind in Ames. A total of 35 to 40 vendors from across the state will be selling their work, ranging from art and design to vintage and handmade gifts.

Bennett used websites like Etsy and Facebook to recruit area designers for the market, which is how she met Sarah Losee.

Losee, the designer behind Soulshine Living, was busy making custom orders of

her wooden palette signs when she saw the offer. With the holiday season approaching and many orders to fill already, Losee was at first apprehensive to join the market.

"At first, I was a little nervous," Losee said. "But I love stuff like this and supporting local. That's what I'm all about."

Losee's Etsy store has already sold almost 100 handmade signs, and Losee said a popularity in homemade and do-it-yourself crafting is on the rise, especially in younger-generation college towns like Ames.

"Buying local and handmade gifts is coming back," Losee said. "Ames already has a successful Farmer's Market, so I think (Lucky Star Market) will be awesome."

Losee isn't the only local vendor to be confident in the market's success. The event is being sponsored in part by Brenda Schwager, owner of JB Knacker in Gilbert. After seeing Bennett as a regular at her store, Schwager said she was happy to help get the market off the ground.

"Jody and I have the same taste in a lot of things, and we talk to each other about dreams and goals," Schwager said.

Schwager is also the founder of the Junkin' in June event that took place over the summer. The event featured products from several local crafters, and Schwager said she thinks the Ames area will continue to see a rise in crafting products. Schwager credited websites like Pinterest and Etsy for making the do-it-yourself style more popular, and events like the market could help introduce customers to buying local products.

Introducing more people to the local crafting scene is part of why Schwager said the business is successful in the area already. Schwager credited her own Gilbert Main Street store's success to the collaborating attitude of local crafters and designers.

"My neighbor does all the soldering for my jewelry, and three blocks down is my gal that sews pillows for me," Schwager said.

Bennett is also hoping to reach out to the younger crafters for the event. She created the "Rising Stars" portion of the market for crafters below the age of 16. Bennett is offering free booths to at least four crafters, in an effort to get them excited about an independent art business.

"We just wanted to give an outlet for those young, creative entrepreneurs and give them that opportunity to come up with their own business and how to showcase themselves," Bennett said.

Along with the dozens of crafters already signed up, Bennett said she had seen several applicants for the Rising Stars category, and is hoping to create room for one or two more free booths for the young crafters. The popularity the event is already seeing has Bennett hoping to add a few more market dates throughout the year. But before she begins planning that, Bennett just hopes local shoppers will enjoy the first market.

"A lucky star is a symbol of good fortune, and it's something that's whimsical and fun," Bennett said. "It goes with how we hope customers will come away with their own lucky find." ❖



# Lucky Star Holiday Market

SATURDAY, DEC. 7 | 9 A.M. TO 4 P.M. | PRAIRIE MOON WINERY, 3801 W. 190TH ST., AMES | [WWW.LUCKYSTARMARKETIOWA.COM](http://WWW.LUCKYSTARMARKETIOWA.COM)

- ❖ Amber Russell, Zepeda, AMES
- ❖ Basemint Design, DES MOINES
- ❖ bean & the sprout, DES MOINES
- ❖ Bliss Joy Bull, FAIRFIELD
- ❖ The Crooked Cabinet, NORWALK
- ❖ DaniAwesome, DES MOINES
- ❖ Decadence Style, NEVADA
- ❖ eclectic blue vintage, WEST DES MOINES
- ❖ El Photo Design, AMES
- ❖ Esscentual Alchemy, AMES
- ❖ Gardenia Gifts, DES MOINES
- ❖ Gina Sturdy
- ❖ Habitat Handcrafted, STORY CITY
- ❖ Ingrained Sleeves
- ❖ Iron Leaf Press, LISBON
- ❖ JB Knacker, GILBERT
- ❖ Jbirdstitch, DES MOINES
- ❖ Jewel Chicks
- ❖ Julie Vandeberg
- ❖ k.noel baby
- ❖ Kalligraphy Designs, AMES
- ❖ Kate Brennan Hall, CEDAR FALLS
- ❖ Lisa Orgler Design, HUXLEY
- ❖ Modern Quilt Relish
- ❖ Papercake Creations, DES MOINES
- ❖ The Red Door Press, DES MOINES
- ❖ Rilee Mae, AMES
- ❖ Rock N Reconstruct, DES MOINES
- ❖ RosyMade Designs, MADISON, WIS.
- ❖ Samari Designs, CRESTON
- ❖ Soulshine Living, PATON
- ❖ Sweet William Handmade, DES MOINES
- ❖ Tina Rice-Pixi, GILBERT
- ❖ VanezzaWithTwoZZs, DES MOINES
- ❖ Vintage Re-Wired
- ❖ Whitties Knitties, IOWA CITY

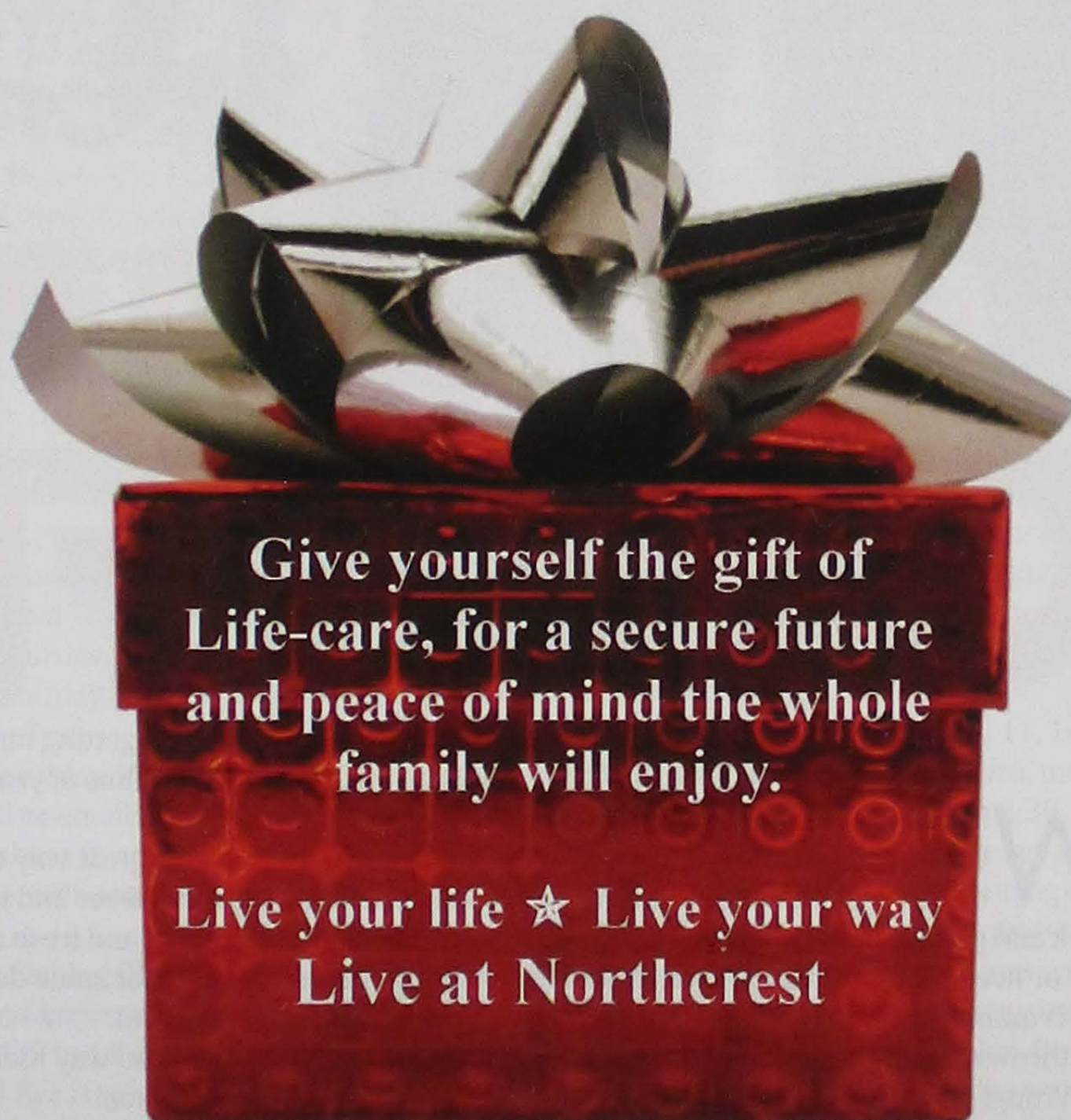
**NORTHCREST**  
community  
*A True Life-Care Retirement Community*

*Happy Holidays and  
Welcome Home*

To arrange your personal visit,  
please call

**(515) 232-6760**

1801 20th Street ★ Ames  
[www.northcrestcommunity.org](http://www.northcrestcommunity.org)



**Give yourself the gift of  
Life-care, for a secure future  
and peace of mind the whole  
family will enjoy.**

**Live your life ★ Live your way  
Live at Northcrest**





# » FIGHTING « CABIN FEVER

BY TODD BURRAS

Winter is the season to turn up the furnace, throw an extra log on the fire, grab your Kindle or Nook and generally try to ride out the next four or five months of the darkest, coldest and crummiest weather Mother Nature can throw at us, right?

Wrong!

Emily Klein, naturalist for Boone

County Conservation, says getting outdoors during the bleakest time of year can be therapeutic.

"Winter recreation is a great way to combat depression/cabin fever and get some sunshine, vitamin D, and fresh air, which can be challenging for some during the winter months," she said.

Snowshoeing is one good way Klein makes the most of the season.

"I started snowshoeing in 2008 and

loved it right away because it made it easier to go for a walk in snow," she said. "The snowshoes distribute weight over a larger surface area so you don't sink as deep into the snow and most have crampons (metal spikes) on the bottom which provide traction in slippery conditions. Instead of trudging through deep snow you get to float on top of it.

CONTINUED ON PAGE 13



CONTINUED FROM PAGE 12

"Snowshoeing is also fantastic exercise. It burns up to three times more calories than walking over the same terrain for the same amount of time."

Snowshoeing isn't the only outdoor recreation option for central Iowans, though. County conservation boards around the region offer a variety of activities to get people of all ages outside during the snowiest months. Cross country skiing, ice fishing, hiking, owl prowls and even an antler shed hunting adventure.

"Most people want to try something new," Klein said. "Having an organized hike/event makes it easier for people to commit to getting outside." Being flexible is important during Iowa's unpredictable winters of late.

"It's hard to plan and count on the weather, especially the past couple years," Klein said. "Sometimes we have a lot of snow, and other times we don't. In those cases, we try to roll with it. If there's not enough snow to snowshoe, we just turn it into a winter hike and have a good time anyway."

Here's a rundown of some events being offered in the coming months by the conservation boards of Story, Boone and Polk counties:

### STORY COUNTY

**Ice Fishing Fun:** Story County Conservation Center, McFarland Park. Head out to McFarland Park and hit the ice. This free event will teach basic safety, equipment and techniques. Participants should dress for the weather (waterproof boots preferred) and bring a camp stool or 5-gallon bucket to sit on. Fishing equipment and bait will be provided. Youth ages 15 or younger must come with an adult. (Anglers 16 and older must have a valid fishing license.) Groups must have one adult for every five children. This program will be canceled if ice conditions are not safe. Registration is required by noon Friday, Dec. 27.

Date: Monday, Dec. 30, 9 to 11:30 a.m. and 1 to 3:30 p.m.

Contact: To register, call (515) 232-2516 or email [conservation@storycounty.org](mailto:conservation@storycounty.org).

I.C.E. (Iowa Climbing Experience), Saturday, Jan. 25, 9 a.m. to 5 p.m. in rural

Cedar Falls. Iowa is known for its flat farmland, but what about ice climbing? All it takes is a grain silo, cold temperatures, water, and a little improvising. If you're interested in an ice climbing adventure, join Story County Conservation in traveling to rural Cedar Falls. The group will depart from McFarland Park at 9 a.m., eat lunch in downtown Cedar Falls, ice climb for a few hours, then return around 5 p.m. There is a warming shed at the facility. Participants are asked to dress in layers and wear appropriate winter clothing. Space is limited.

Cost: \$50 with registration by 3:30 p.m. Friday, Jan. 17. Fee includes transportation, gear (safety ropes, harnesses, gloves and shoes) and snacks. Participants will need to bring money for lunch in Cedar Falls. To register, call Jerry Keys at (515) 232-2516 or [jkeys@storycounty.com](mailto:jkeys@storycounty.com).

**Snowshoe Hike and Soup Supper,** Thursday, Feb. 27, 5:30 to 7 p.m. at McFarland Park. For more information, contact Jerry Keys, Story County Conservation education coordinator, at (515) 232-2516 or [jkeys@storycounty.com](mailto:jkeys@storycounty.com).

### BOONE COUNTY

**Snowshoe Hikes:** Free family fun for adults and children ages 8 and older. Learn the history of snowshoeing and basic winter hiking skills. Enjoy hot chocolate and a chance to warm up by the fire. Borrow a pair of snowshoes and poles or bring your own. Boone County Conservation owns 30 pairs of snowshoes and adjustable hiking poles. A minimum of 3 inches of snow to use the snowshoes. If there is no snow, but enough people who still want to hike, the group will go for a winter hike on the trails.

All hikes are from 1 to 3 p.m.:

- Saturday, Jan. 4, Don Williams Park
  - Saturday, Jan. 18, Iowa Arboretum Woodland Trails
  - Saturday, Feb. 1, Swede Point Park
  - Saturday, Feb. 15, Grant's Woods/High Trestle Trail
  - Saturday, March 1, Ledges State Park
- Call or email Emily Klein to reserve your snowshoes in advance at (515) 353-4237 or [eklein@boonecounty.iowa.gov](mailto:eklein@boonecounty.iowa.gov).

**Ice Fishing Clinic** — Learn how to ice fish and improve your skills on Saturday, Jan. 11, 9 to 11 a.m. at Don Williams Lake, 610 H Ave., Ogden. Adult and youth are invited to learn the basics of ice fishing.

Instructors, Mike Sawyer of Boone and Emily Klein, Boone County naturalist, will talk about ice fishing tackle, bait, where and when to fish, ice safety, and drilling holes in the ice. The class will start inside the restaurant at Don Williams Lake (enter park and take first left turn). Participants will have time to fish if the ice conditions are safe. Poles and equipment will be provided. Participants should dress warmly in layers and may bring a bucket or folding chair to sit on. Participants age 16 and over should have a fishing license. For more information, call Mike Sawyer at (515) 432-8521 or Emily Klein at (515) 353-4237.

### POLK COUNTY

For all activities in Polk County, contact Patrice Petersen-Keys, naturalist educator, at (515) 323-5359 or [patrice.petersen-keys@polkcountyia.gov](mailto:patrice.petersen-keys@polkcountyia.gov)

**Cross-Country Ski Basics,** Thursday, Dec. 26, 10 a.m. to noon and 12:30 to 2:30 p.m. at Chichaqua Bottoms Greenbelt, Longhouse. Learn the basics of cross-country skiing and practice your skills on the trails. Proper clothing, equipment, and skiing techniques will also be discussed. Class will be canceled without snow. Sign up for the 10 a.m. or 12:30 class. Pre-registration required; deadline is Friday, Dec. 20. Minimum age 10. Cost: \$10 (includes skis, boots, and poles.) Smallest boot size available is men's 4 1/2 and women's 6.

**Snowshoe Hike,** Friday, Dec. 27, 1 to 2:30 p.m. at Easter Lake Park, Shelter #3. Learn how easy and fun snowshoeing can be while experiencing the great outdoors. Wear warm boots. Class will be canceled without snow. Pre-registration required; deadline is December 20. Minimum age 8. Cost: \$5 (includes snowshoes).

**Snowshoe Hike,** Saturday, Jan. 11, 10 to 11:30 a.m. at Thomas Mitchell Park, meet near pond; Saturday, Jan. 11, 1 to 2:30 p.m. at Fort Des Moines Park, Shelter #1. Learn how easy and fun snowshoeing can be while experiencing the great outdoors. Wear warm waterproof boots. Class will be canceled without snow. Pre-registration required; deadline is Thursday, Jan. 9. Minimum age 6. Cost: \$5 (includes snowshoes). ❖





# Décor galore

Boone's Holiday Open House and Festival of Trees rings in the holiday season in style

STORY AND PHOTOS BY JON LLOYD

**M**ore than 50 decorated Christmas trees of all different types twinkled in the Boone County Hospital atrium last month.

That meant one thing: The Boone County Hospital Auxiliary — a volunteer group of about 65 women — hosted its annual tradition, now in its eighth year, the

Holiday Open House and Festival of Trees on Nov. 16 and 17.

"This year, we have the biggest selection of trees and wreathes we've ever had," Lisa Schmidt, the hospital's public relations and marketing director, said. "We have over 50."

All the decorated trees, from the smallest 3-footer to 7-foot trees, will go to the highest bidder in a silent auction on Nov. 23.

"This year we have over 50 items, not all

just trees and wreathes," said Jody Mueller, BCH Auxiliary member who directed about six other auxiliary members setting up this year's festival. "Other items have been donated. We have an Advent wall hanging, which comes with ornaments. Some Christmas stockings and wall hangings. Santa pop art. An absolutely gorgeous red sleigh. A

CONTINUED ON PAGE 15





CONTINUED FROM PAGE 14

real variety."

The Gifts Galore gift shop treated festival-goers with 20 percent off on all items, Schmidt said.

"(Auxiliary) ladies will help wrap gifts," Mueller said. "We'll have treats there, like cookies and bars."

The Boone County Hospital Foundation added a new sparkle this year, hosting Breakfast with Santa — scrambled eggs with diced ham, muffin and juice — on Nov. 16. The foundation did not turn anyone away who could not afford a ticket, Schmidt said.

Breakfast with Santa included a framed photo with Santa — who was present on both days — and an opportunity for children to create some magic reindeer food, Schmidt said.

"Younger singers are coming in this year," Mueller said, referring to the Trinity Lutheran School kindergarten through second-grade students who performed on

Nov. 17, followed by the Boone High School Chorale at 2 p.m. In addition, the Deadman Singing and Boone High School Orchestra teacher David Swenson performed along with Dr. William Martin.

Last year's festival raised roughly \$3,000, Mueller said. Proceeds go the auxiliary, which uses the money to benefit the hospital and help provide college scholarships.

Why do she and the other women volunteer for the auxiliary?

"I enjoy helping others and I enjoy making other people look good," Mueller said, adding the other auxiliary women "like to give back to their communities. And it keeps them in touch with some of their friends. It's kind of a gathering area."

"Everyone should come on out and enjoy the Festival of Trees, the socialization, and the delicious treats," she said. "It's a wonderful tradition, to come and see the lights. Even if you bid on something and don't get it, it gives you ideas how you might decorate your own tree." ❖

# Tis the Season To be Healthy

**Gift  
Certificates  
Available**

## Santa's List

- ✓ Lose Weight
- ✓ Gain Confidence
- ✓ Improve Self Esteem
- ✓ Lower Stress
- ✓ Have More Energy

*Join Ames  
Racquet and  
Fitness Center!*

(And receive  
a gift of  
3 months free!)



[www.amesracfit.com](http://www.amesracfit.com)

**3 LOCATIONS, 1 MEMBERSHIP,  
0 EXCUSES, 24/7 ACCESS**

**Ames Education**  
F O U N D A T I O N

*Your seasonal gift is tax deductible. . .*

Thank You for helping educational needs!!

**We Are Ames!**

(515) 268-6630

[www.ameseducationfoundation.org](http://www.ameseducationfoundation.org)



The holidays are just  
around the corner!



miss meyer's

CLOTHING CONSIGNMENT, LLC

432 5th Street | Ames | (515) 598-4471

MON CLOSED • T/W/F/SAT 10-5PM • THURS 10-7PM • SUN 1-5PM

MissMeyersConsignment.com



\$5 BUCK  
LUNCH

EVERY DAY 11-4

CHOOSE YOUR MEAL

1/4 lb. Cheeseburger Lunch

3-pc. Chicken Strip Lunch

Chili Cheese Dog Lunch

Meals include Regular  
Fries, Medium Drinks,  
& Small Sundae.



Don't neglect yourself this holiday  
season.. Unique, glittery gifts  
make perfect stocking stuffers for  
you and all of the gals on your list!

Blessing Bracelets, Shreds, Ames  
and Iowa Girl t-shirts, Iowa State  
jewelry and much more!

M/T/W 10-6 Th 10-7 F/S 10-5

www.facebook.com/WhimzeBoutique

429 Douglas Ave. Ames, IA 50010

515-233-4585

The Frame Shop



The Art of Custom Framing

210 Main Street, Ames • 515-232-8408 • 515-520-1081

Fine Art • 1000's of Mats &  
Mouldings • Flat Earth Gallery

Proudly serving Central Iowa & the rest of the  
world for over 35 years.

www.amesframeshop.com

M-F 9am-5:30pm • Sat: 9am-3pm • Flat Earth Gallery Open by Appointment

Cards & Stocking Stuffers

Order Online 24/7 or In-Store!



photosynthesis IA.com  
232-8050 • 317 Main • Downtown Ames

Memories  
& Photos



photosynthesis

What can we





# le Gifts Cards

thesis **IA.com**

Main St • Ames IA 50010 • 515.232.8050

reate for you today?



**Lyla's** BOUTIQUE  
for the woman in love with life

Darling don't despair!

Lyla's always has something  
for you to wear!!



404 Main St • Ames, IA 50010

**515-233-4941**

Mon- Sat 10am -5pm • Thurs 10am - 8pm

[www.facebook.com/lylasboutique](http://www.facebook.com/lylasboutique)

**Momentum**  
MEDICAL MASSAGE



323 Main St. Suite 209  
Ames, IA 50010

Call us today at 515-708-7825

## ust In Time For The Season

My Flat In London by Brighton  
Purses, Key Chains, Necklaces, Bracelets And More!



The Only Womens Store You'll Ever Need

**Moorman**  
CLOTHIERS

DOWNTOWN AMES | DOWNTOWN MASON CITY  
515-232-3261 | 641-423-5222

Mon, Tues, Wed and Fri 9:30-5:30 • Thur 9:30-8 • Sat 9:30-5

[www.moormanclothiers.com](http://www.moormanclothiers.com)

Nothing is more exciting  
than a creative person  
with the proper tools!

5 Brand new  
models to  
ignite her  
imagination!



• Designer Diamond Royale • Designer Topaz 50  
• Sapphire 930 • Sapphire 960 • Platinum 16

**Quilting Connection**

238 Main Street, Ames

515-233-3048 • [www.iaquilts.com](http://www.iaquilts.com)

Hours: Mon. and Thurs. 10-8

Tues., Wed., Fri. 10-5:30, Sat. 10-5, Sun. by appointment

## Holiday Savings



Present this ad for

**20% OFF**

one regularly-priced item\*

Feeders, bird baths, garden accents,  
nature gifts, and more! Wild Birds  
Unlimited has lots of great ideas!

\*EXCLUDING BIRD OR PET FOOD, & OPTICS.

Offer not valid on previous purchases, gifts cards,  
Daily Savings Club Memberships, or specially priced  
items. Coupon must be presented at time of purchase.  
Valid only at Wild Birds Unlimited of Ames.


Expires 12/31/13.



Wild Birds Unlimited®  
Nature Shop

213 Duff Ave • 515-956-3145 • [www.wbu.com/ames](http://www.wbu.com/ames)





# Berry Beautiful

Winterberries allow gardeners to continue tending plants well into winter

BY JAN RIGGENBACH

**N**obody seems to consider planting winterberry shrubs," a landscaper friend observed. What a loss!

I've enjoyed the bright winter color of these shrubs' persistent fruit for many years and couldn't wait to get more started in my new yard. But it took a lot of searching before I finally found winterberries at one nearby garden center.

My best guess as to why winterberries aren't as common in landscapes as they deserve to be is because they wait until winter to really show off. When people are shopping for plants during the growing season, winterberry plants don't look like anything special.

But those of us who live in the upper Midwest where nothing much happens in the landscape from November through March need to seek out plants that can perk up our yards — and our spirits — on dreary days.

Winterberries (*Ilex verticillata*) are hollies. Instead of the shiny, dark-green, evergreen leaves we usually think of when holly is mentioned, winterberry leaves fall off in autumn. I've come to think of that as a plus: with no leaves in the way, the better to see the magnificent display of fruit.

Most have red fruit, but orange is also an option.

In order to get berries (technically drupes), you need both a female plant to bear the fruit and a male to contribute pollen. One male shrub can service multiple female winterberries. At my new house, I planted three Red Sprite winterberries, a compact, red-fruited, female variety that grows about 3 to 5 feet tall. Tucked away behind them is Jim Dandy, the male. He doesn't require a lot of space because, once the insignificant flowers fade, Jim Dandy has done his duty for the season; I'll give him an annual severe pruning.

At my old house, I had several Winter Red shrubs, a female variety that grows

about twice as big as Red Sprite. Southern Gentleman provided the pollen needed to produce berries.

Winterberry fruit persists until discovered by a flock of hungry birds. I enjoy watching the birds feast on the berries, of course, but I'm always sorry when the show is over.

While most shrubs require well-drained soil, winterberries are adaptable plants that take wet clay in their stride. They appreciate organic matter in the soil and prefer acid soil to alkaline. To help get them off to a good start, I add a bucketful of wet sphagnum moss to each planting hole.

During the growing season, pale-colored leaves are a sign that the soil is a little too alkaline for their liking. Acid fertilizer is a quick fix. Soil sulfur scattered on the ground around each plant in winter is a longer-lasting solution. ♦

*Longtime garden columnist Jan Rigenbach lives in Omaha.*



# from Christmas Eve

ALMOND  
THUMBPRINT  
COOKIES\*

dear Santa,  
I just wanted  
to let you know  
I've been very  
good this year  
no matter  
how many  
please  
the  
you for  
mail.



PECAN  
SNOWBALL  
COOKIES





SAVOR

...to

# Christmas morning

CINNAMON  
EGGNOG  
FRENCH  
TOAST BAKE

PEPPERMINT  
HOT  
CHOCOLATE



## PECAN SNOWBALL COOKIES

Substitute the pecans with chocolate or dried fruit for a twist on this sweet shortbread.

### INGREDIENTS:

- 1 cup butter, room temperature
- 1/3 cup white sugar
- 2 teaspoons water
- 2 teaspoons vanilla extract
- 2 cups white flour
- 1 cup chopped pecans
- 2 cups powdered sugar

Cream together butter and white sugar; add and combine vanilla and water.

Slowly blend in flour and fold in pecans until

nuts are incorporated.

Wrap dough in plastic wrap and refrigerate for at least 4 hours.

Once dough is chilled, preheat oven to 325 degrees. Roll dough into tablespoon-size balls and place on an ungreased baking sheet.

Bake for 20 minutes or until golden. Let cookies cool slightly before rolling each in powdered sugar to coat.

Makes about 36 cookies.

## CINNAMON EGGNOG FRENCH TOAST BAKE

Prep this the night before and pop it in the oven in the morning for a sweet breakfast treat.

### INGREDIENTS:

- 1 loaf cinnamon swirl bread, cut into 2-inch cubes
- 2 cups eggnog
- 6 eggs
- 1/2 cup brown sugar
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon

Arrange bread cubes in greased 9x13 pan. In a mix-

ing bowl, whisk together the remaining ingredients and pour over bread. Mix gently to ensure all pieces are coated. Cover and refrigerate for at least three hours.

Preheat oven to 325 degrees and bake for 45 minutes, or until golden.

Garnish with fruit, syrup or whipped cream. Serves 20.

## PEPPERMINT HOT CHOCOLATE

This recipe combines white and dark chocolate as well as peppermint for a rich, festive drink.

### INGREDIENTS:

- 4 ounces dark chocolate
- 4 ounces white chocolate
- 2 ounces peppermint baking chips
- 1 teaspoon vanilla extract
- 4 cups milk
- 1/2 teaspoon sea salt

Finely chop chocolate and peppermint pieces.

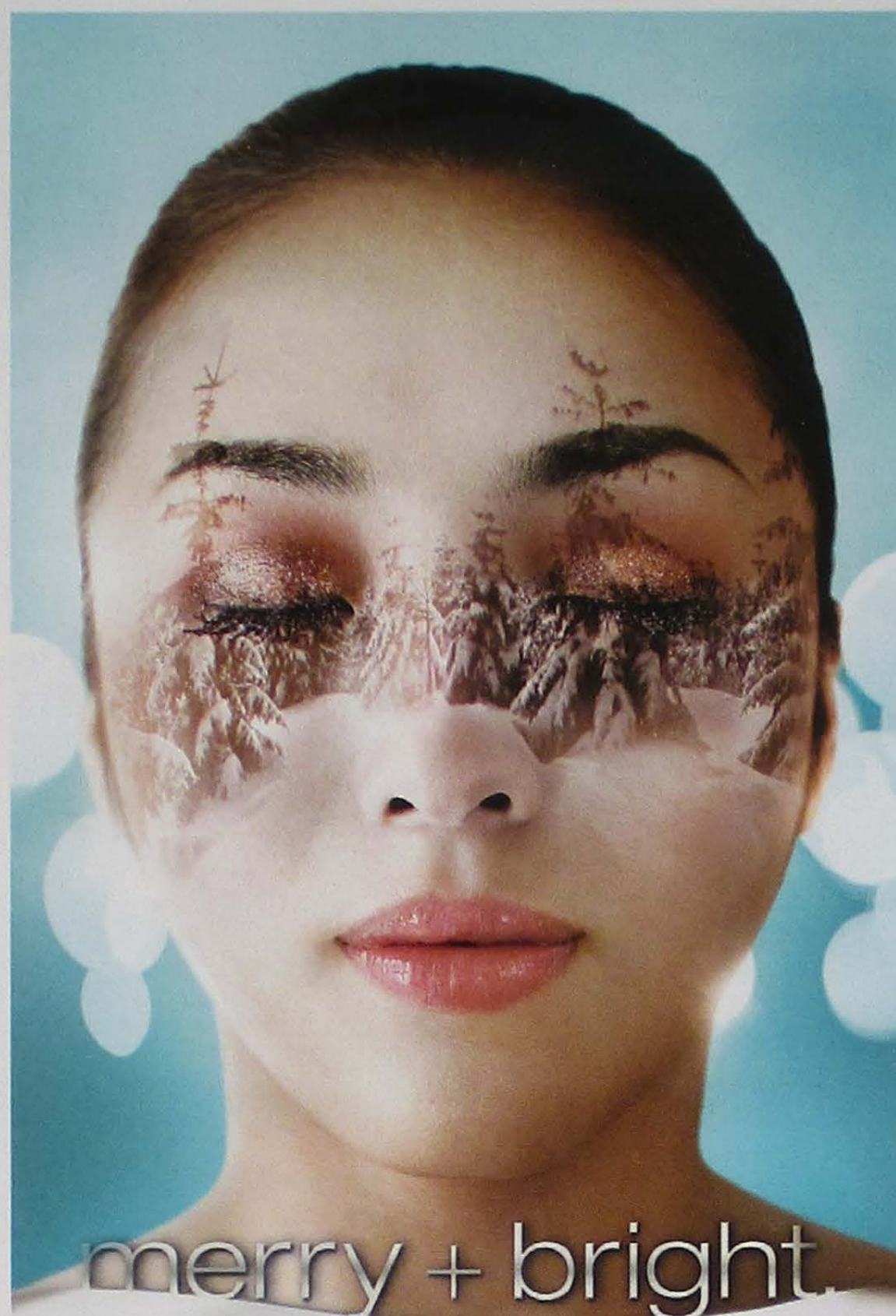
Heat milk in medium

saucepan on low to medium heat until bubbles begin to form. Slowly whisk in chocolate and peppermint pieces and mix until pieces melt completely.

Once pieces are melted, continue to whisk and heat for 5 minutes.

Pour into mugs and garnish with candy canes.

Serves 4.



merry + bright.

The holidays take their toll on every body. Elevate the season with a gift card for a custom massage or facial, membership, or therapeutic products.

Buy a \$75 gift card and receive  
**FREE hot stone therapy.\***  
(up to a \$40 value)

elevate the everyday.™



**MASSAGE HEIGHTS.**  
massageheights.com/ames

**Massage Heights Ames**  
(Next to Orange Leaf)  
**515.232.7359**  
637 Lincoln Way, Suite 103  
Ames, IA 50010

\*Offer valid 11/4/13 through 1/3/14. Not valid online. Gift Cards may be used to purchase any service or product, do not expire, must be presented at time of service, are not refundable, non-redeemable for cash. Massage Heights is not responsible for lost or stolen cards. Introductory rate valid for Members and first-time Guests only. Additional local taxes and fees may apply. See Retreat for details. Each Massage Heights Retreat is independently owned and operated. Franchise opportunities available. ©2013 Massage Heights, LLC.

\*— find this recipe at [www.amestrib.com/special-sections/facets](http://www.amestrib.com/special-sections/facets)



CREATE

# BROWN PAPER PACKAGES

TIED UP WITH

*string*

CREATE  
STRIPES AND  
DESIGNS WITH  
PATTERNED  
TAPE

POP ON A  
FLASHY FOIL  
EMBELLISHMENT

ADD A  
HANDMADE,  
CUSTOM WIRE  
MONOGRAM

TIE ON A  
HOMEMADE  
YARN  
POMPOM

DON'T BE  
SHY WITH THE  
PAINT PENS





# Shine

Mary Clare Lokken shares tips to ensure you're in fabulous form for every event, from holiday parties to ringing in the new year.

**S**hine is the key word for the holidays this year. Your hair should shine. Your skin should have a healthy shimmer. Your nails should be perfect and topped with shine. And finally, your makeup should finish your beautiful look with a glow.



MARY CLARE  
LOKKEN

Need some inspiration for that holiday look? See the 2013 film version of "The Great Gatsby."

Not only is the soundtrack full of energy and memorable tunes, but the artistry of the costumers, hairdressers and makeup artists is at its height in the film. There must be Oscars in its future.

For your hair this season, be sure you are using the shampoo, conditioner and styling aids that create a finished look that is adaptable to the changing needs of the busy holiday

season. You will have to go from your home or office out for the evening in a flash. Your professional stylist can recommend a style and products that make that quick change not only possible but fun.

Oh, and book now for before and after the holidays. Hairstylists book up tight around this time of year.

For your skin in this the driest season, be sure you have at least a monthly facial to cleanse, tone and moisturize. Your skin professional will recommend a winter regimen to preserve your healthy look.

It's time to switch your daytime and nighttime moisturizers. We need more moisture when it's dry. If you get to venture south for part of the winter you can take your summer regimen with you to Florida.

Consider a microdermabrasion series to really get that skin looking its best and to get rid of any cells that insist on hanging on.

Makeup for the holidays is my personal favorite. I am a pretty plain makeup girl, with permanent eye makeup in my brows and eyeliner to simplify my daily practices. But at the holidays I buy that newest, cheeriest eye makeup to brighten my look for the early-arriving evenings. Yes, some shadows in your eye color, some shadows in your favorite color and some color you've never tried.

And don't forget eyelash extensions. They are individually applied and look natural.

Nails have really taken hold of us in the last few years. And now you can have manicures that really do last past a day or two. All the major brands offer a system with and without lighting systems to give you a longer-lasting manicure.

Toes are important, too, because the holidays allow us to wear open-toed shoes for special events. Be sure your pedicure will carry you through the season, but no longer than

four weeks apart.

Nail art can be just one nail that is a different color or it can be a nail on each hand that has seasonal nail art. I collect nativities and had a nail tech do a mini nativity on one finger one holiday season. I loved it, and it was a topic of discussion. Another year, I had my nail tech match a plaid in my holiday outfit.

My favorite holiday products are the special packages and minis that just jump off the shelves at me. They make great gifts, great travel accessories and stuff stockings for a budget price. I just bought a mini shampoo, conditioner and treatment with crystal decorated bobby pins. Can't wait to wear them!

Enjoy your holiday season. ❖

*Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at [mclokken@gmail.com](mailto:mclokken@gmail.com).*



**Tap.  
Snap.  
Deposit.**



Deposit checks  
fast with your  
mobile phone.

Download our  
app from Google  
Play or the App  
Store!

**1<sup>ST</sup> FIRST  
NATIONAL  
BANK**

AMES • ANKENY

*What Banking Should Be.*

[www.FNBames.com](http://www.FNBames.com)

Member FDIC



PROVIDE

# MAKING A LIST

(OR THREE, OR FOUR!)

**T**he time has come to begin the frantic preparation for that perfect Christmas. Some of us cling to the old family traditions, and some of us are looking for new exciting ways to celebrate this year. Old traditions or the excitement of a new Christmas experience, we all want to prepare for a perfect Christmas and create wonderful memories.



KAREN  
PETERSEN

But, is frantic necessary and is perfect even possible? Here are four ideas to help you enjoy the Christmas preparation.

## GIFT LIST

Now is the time to act like Santa; make a list and check it twice. Who is on your gift list? Do you give this person a gift because you really want to or because you always have? In other words, is this an obligation or do you really enjoy giving to and receiving gifts from this person?

If giving to certain people really is more chore than a joy, you could send a note early in December suggesting that you get together for lunch in February instead of giving gifts this year.

## SPENDING LIST

This is a perfect time to make a spending plan. You probably have an idea of how much money you spent last year; when you tallied it up, were you pleased with the amount? Did you have credit card bills that you couldn't pay in full in January? Make a list of all gifts and the amount you plan to spend. Then check that list; if your spending will create bills that you can't pay, now is the time to revise your spending plan.

## LIST OF FUTURE TIME

This is a busy time of the year for most of us; we don't want to think about having to allocate our limited time to even one more activity. A gift card listing a gift of time to be given in the future can save time right now and extend the joy of giving and receiving into 2014. Here are some Future Time Gifts I have experienced;

- A night of scrabble
- A chocolate dessert
- Home-cooked and delivered dinner

You know your talents, and you know what your friends and family will value, so turn on the Christmas music and begin to write those cards; you may be surprised how quickly ideas and energy will come.

## LIST YOURSELF FIRST

I know, so easy to say so hard to do. When I was a child my mother would write Christmas cards, shop, wrap packages, bake, clean, decorate, make sure we had new Christmas duds and sometimes fail to really enjoy the journey. And when I was the mom I remember thinking, "I have so much to do, I'll never get everything done." I had become the one who was so determined to do it all that I was doing the work but not creating good memories.

So I suggest you make one more list: five things that you enjoy doing and take the time to do one each week between now and Christmas.

Take the time to make the lists that will help you prioritize your time and money this Christmas.....because Christmas, like life, is more than money. ♦

*Karen L. Petersen, CFP® CDFA™, is a fee-based financial adviser. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.*



## THE MAKING OF

## Merry &amp; Light

**H**ere's the thing: A clear and more streamlined wellness plan is guaranteed to make your holiday life easier and you much jollier, not to mention potentially lighter come January.



DEBRA  
ATKINSON

So steal an hour, follow this simple list and transform taking care of yourself from a frustrating to-do to the reason you enjoy this season.

What you need for this project:

Time: an hour should be more than enough for getting a plan together

Your calendar: so you can look at your true obstacles (and realize the rest may be imagined?)

Computer: might come in handy if you'll be searching for a traveling fitness tools to buy or rent

### STEP ONE

Set your expectations. What do you really want? Or want to avoid? Do you want to avoid gaining the 10 pounds that crept on last holiday season?

Do you want to focus on stressing less and enjoying this time more? Do you want to avoid sabotaging yourself by having a plan this year?

### STEP TWO

Decide what stays and what goes. If grandma's fudge is a family tradition that has to stay, fine. Find a way to make it when the family is there to each have their small nibble and then have it gone. If you make peanut brittle or cereal mix annually, do you carbo load all month by devouring it yourself? Probably best not to make it. Before you decide food is the best way to show "love" for others, you might consider their health habits. If it isn't really a gift? Let it go.

### STEP THREE

Focus on experience. Make an event the focus. Kids, of all ages, remember experiences long after expensive gifts and food. Take them sledding. Make the tree tradition a big event. Go see "The Nutcracker." Prepare and film a funny home video greeting card for a far-away relative — instead of the tin of cookies.

Instead of a massive credit card event make retail therapy a family-oriented event. Take one person at a time shopping with a plan, and help them understand the value of choosing a gift for someone else.

### RECRUIT THE ELVES

Chances are they don't want to end up looking like Santa come January either. Part of the stress of fitting exercise in during the holidays is finding access when you travel, and part of it

is from sneaking away from the elves in order to make the time for it. It is perfectly acceptable if you're hosting guests to follow your routine.

We don't always believe that to be true. We think "host with the most" even if it takes us entirely out of routine. If someone is close enough to you to sleep in your home or you in theirs, they are likely to know your values.

If you create a rich breakfast experience for them and they too are trying to eat healthier, how does that help you or them? Rethink your approach to hosting those you love, or at least those by marriage you're legally obligated to spend holidays with.

### CREATE A HOLIDAY BUFFET

Even at home during the holidays, getting in your regular classes or sessions can be a challenge. Drifts of snow, icy roads and small children in your midst all provide their own joyous opportunity for more activity in a smaller space, even if it isn't what you'd planned.

If you're stuck at the North Pole? Enjoying rural America with your closest in-laws? Tools like tubing and jump rope, dumbbells, kettle bells and TRX can make exercise at home high quality. The stairs can, too. Up and down single or multiple flights, carrying a weight, and adding a sequence of squats, push-ups, planks or lunges at

top, bottom or both turns your gym and 15 to 20 minutes while the brunch bakes a great starter to a holiday weekend.

If you can carve out the space for skipping rope, you can try long sets of jumping or take a minute of jump rope with a minute of an exercise (major muscle groups count, bicep curls are not your metabolism's best friend: think squats, lunges, push-ups and the half dozen variations of each of those, and you'll keep busy). Don't just start jumping rope if you've not been doing anything close to it for decades.

### INVEST IN OUTDOOR TOYS

... either to buy and take along or to rent when you're there. The options for outdoor fun range from building snowmen to sledding (you have to get back up the hill), to cross country skiing (out your front door in some cases) and snowshoeing. The trick to wanting to go is the right clothes.

It pays to invest if you're here and you know it, or you'll have guests and you know it. Have some waterproof, windproof, cold-weather clothes for head-to-toe and you'll be much more likely to want to go out and play. ❖

*Debra Atkinson, MS, CSCS is the author of Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust, available on Amazon. Reach her at [debra@voiceforfitness.com](mailto:debra@voiceforfitness.com) for solutions, not resolutions.*



Trade up for a healthy holiday with the

# NuVal

nutritional scoring system

**T**he holiday season is a time for celebrations, and many will center around food. Whether it's a traditional holiday recipe for a family meal or simply foods served at a holiday party, the NuVal Nutritional Scoring System can help you make the holiday a healthy one.



AMY CLARK

NuVal is an easy tool to help consumers make better-for-you choices at the holidays. NuVal scores food products on a scale from 1 to 100, taking into account 30 different nutrients that impact our health.

It's simple; the higher the NuVal Score, the better the nutrition. The goal is to use NuVal Scores to "trade up" for health, one choice at a time.

Here's an example of how to use NuVal with a favorite holiday recipe, green bean casserole. Choose canned no-added salt green beans with a NuVal Score of 100 rather than canned green beans with a NuVal Score of 55. The difference in scores would be the added sodium.

For better nutrition this holiday season, try the following substitutions in your favorite holiday recipes with these foods that have a higher NuVal score.

- Dips: Plain Greek yogurt (91) vs. regular sour cream (25)
- Appetizer: Shrimp cocktail (56) vs. summer sausage (8)
- Salad: Spinach (100) vs. iceberg lettuce (82)
- Toppings: Chopped pecans (65) vs. bacon (5)
- Side Dishes: Fresh sweet potato (96) vs. canned sweet potatoes (12 to 25)
- Fresh cranberries (100) vs. jellied cranberry sauce (1)
- Fat-free cream cheese (25) vs. cream cheese (20)
- Light raspberry vinaigrette (16) vs. ranch dressing (3)
- Whole wheat noodles (91) vs. enriched noodles (57)
- Quinoa (82) vs. white rice (48)
- Fat-free half & half (47) vs. half & half (28)
- Entrée: Turkey without skin (48) vs. turkey with skin (23)
- Baking: Canola oil (24) vs. vegetable oil (16)

- Fat-free evaporated milk (100) vs. evaporated milk (36)
- Skim milk (91) vs. whole milk (52)
- Chia seed or flax seed (87 to 91) vs. vegetable oil (16) or egg (33)
- Whole wheat flour (91) vs. all-purpose flour (69)
- Dark chocolate baking chips (17) vs. semi-sweet baking chips (9)

The dessert recipe below uses raspberry Greek yogurt (33) in place of berry flavored regular cream cheese (16), for a surprisingly healthy, indulgent holiday treat. For more information on NuVal, talk to a Hy-Vee dietitian or go to [www.hy-vee.com](http://www.hy-vee.com).

## Raspberry-Dark Chocolate Delight

### All you need:

- 1/3 cup dark chocolate baking chips (NuVal Score = 17)
- 1 (1.90 ounce) package pre-baked mini fillo shells
- 1 carton non-fat raspberry Greek yogurt (NuVal Score = 33)
- 15 fresh raspberries (NuVal Score = 91)





#### All you do:

1. Melt chocolate chips on high in microwave, stirring every 20 seconds until melted. Spoon approximately 1/2 teaspoon chocolate in bottom of each fillo shell, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.

2. Spoon raspberry Greek yogurt into fillo shells. Top each shell with a raspberry.

3. Drizzle melted chocolate onto top of raspberry yogurt mixture for garnish.

Serves 15; nutrition facts per serving: 50 calories, 2.5g fat, 1g saturated fat, 0 cholesterol, 115mg sodium, 7g carbohydrate, 1g fiber, 4g sugar, 1g protein.

Source: Hy-Vee dietitians

## Pomegranate & Pear Salsa

#### All you need:

2 large pomegranates — or 1 3/4 cups seeds (NuVal Score = 91)

1/4 cup 100 percent pomegranate juice

2 tablespoons lime juice

1/4 cup minced red onion

1/4 cup finely chopped fresh cilantro

1 Asian pear, cored and diced

1 tablespoon sugar

#### All you do:

1. Score each pomegranate and place in a large bowl of water. Break open pomegranates under water to release the seeds to the bottom. Strain away water and place seeds in medium mixing bowl.

2. Add remaining ingredients and toss to mix evenly.

3. Serve with baked chips, whole-wheat crackers or as a garnish to fish or chicken.

Serves 10 (1/4 cup each); nutrition facts (per serving): 40 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 11 g carbohydrate, 1 g fiber, 0 g protein. ❖

*Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.*

# BLACK FRIDAY

Get ready to shop North Grand Mall!

# SALE



Individual store opening hours vary - Check our mall web site for a complete list of store hours

- **ENTER TO WIN!** - We are giving away over **\$3000** in prizes from our retailers, including a new **Apple iPhone 5c™**
- **Huge Savings** throughout the mall!
- **Door Prize Drawings** every hour (12am-12pm).
- **Over 45 stores & specialty retailers.**
- **Convenient one stop shopping!**

Black Friday Event  
Co-Sponsored by:

**RIDDLE'S**  
JEWELRY  
*Since 1954*

PRIZES SPONORED BY: AT&T - Aveda Salon Spa - Buckle Bath & Body Works - Coach House Gifts - Cookies, etc. Eddie Bauer - Express - Flame N Skewer - GNC - JCPenney Jimmy John's - MasterCuts - Maurices - NG Theater 5 Riddle's Jewelry - Susie Q's Goodies - Tradehome Shoes Shag T-shirts - Vanity - Victoria's Secret - Youngers

When you want to taste, touch,  
hug and hold ... experience

real SHOPPING


  
**NORTH GRAND**  
MALL



DEVELOPMENT, INC.

2801 Grand Avenue, Ames, IA | (515) 232-3679

NorthGrandMall.com | Text: NGMALL to: 36000

GK Development, Inc. Properties | 



# Home...

the place where

*Love &  
Laughter*

are shared and

*Friends  
& Family*

are always

# Welcome



Trust the experience of  
**Hunziker & Associates,**  
**REALTORS** to help you  
find your next home.

**HUNZIKER**  
& ASSOCIATES  
REALTORS®

515-233-4450

105 S. 16th St. Ames, IA

[www.HunzikerRealty.com](http://www.HunzikerRealty.com)

PEOPLE

## AMES HISTORY CENTER

RIBBON-CUTTING CEREMONY

NOV. 6 2013 | 416 DOUGLAS AVE.



Members of the Ames community celebrated the ribbon cutting of the new Ames History Center at 416 Douglas Ave. in Ames on Nov. 6.

**Top, from left:** Hannah Frederick, Dennis Wendel, Casie Vance, Alex Fejfar, Margaret Vance and Sarah Carlson.

**Middle, from left:** Angela Davidson, Betty Baird and Gloria Betcher.

**Bottom, from left:** Terry Adams, Helene Adams, Jacob Weber, Hannah Weber and Angie Weber. PHOTOS BY ELI HAMANN/FACETS



# ABWA Craft Fair

NOV. 10, 2013 | GATES HALL | NEVADA HIGH SCHOOL



**Above, left:** Kathy Bloch and Hannah Bloch, both of Ames, stopped to talk to vendor Darla Best, also of Ames.

**Above, right:** Christina Bollig of Ankeny and Liz Hittle of Maxwell were vendors at the craft fair.

**Left:** Linda Cheek and Deb Robinson, both of Nevada, were shoppers at the craft fair.

**Below:** Susan Hodges of Marshalltown was a vendor at the craft fair.



PHOTOS BY MARLYS BARKER/FACETS

**Give the gift of CLEAN**

**PROFESSIONAL HOME AMES**  
*your residential cleaning service*  
**CALL US: 515-232-8029**  
 Visit our website [professionalhomeames.com](http://professionalhomeames.com)

MEMBER OF ARCSI | ames | BEST 2013

**OSHER LIFELONG LEARNING INSTITUTE**  
 AT IOWA STATE UNIVERSITY

**515-294-3192**  
[isualum.org/olliatisu](http://isualum.org/olliatisu)

*A certificate*  
**for an OLLI membership or class makes a great gift for anyone 50+.**

**GREEN HILLS Retirement Community**

**Winter courses begin January 14**  
**Registration begins mid-December**  
**Learning never ends!**





*Rachel*

Photo Courtesy of  
Expressions  
Photography

AMES CENTER  
FOR  
COSMETIC & FAMILY  
DENTISTRY

**OPALESCENCE  
BOOST**  
*In-Office Whitening*  
**\$399**

*A Perfect  
Holiday Gift!*

**Call (515) 956-3700  
to purchase today!**

Not valid with any other offer.  
Expires January 15, 2013.



**Dr. Amie  
Rockow-Nelson**  
**(515) 956-3700**

415 South Duff Ave.  
Suite D, Ames, Iowa  
[docrockdds.com](http://docrockdds.com)

## FACETED WOMAN: JILL GOODALE



Jill and Larry Goodale at the Appaloosa Horse Club and National Snaffle Bit Association portions of the Novice Non-Pro Western Pleasure World Championship Oct. 31 in Fort Worth, Texas. CONTRIBUTED PHOTO

NAME: Jill Goodale

AGE: 49

POSITION: Human Resource Assistant,  
Army ROTC, Iowa State University

FAMILY: husband, Larry; brothers Kevin,  
John and Steve

WHAT WOULD YOU DO WITH  
\$1,000 TO SPEND ON YOURSELF?

Take a trip to Kentucky to visit my family.

YOUR FAVORITE MEAL:

Steak

CRAZIEST FASHION YOU EVER  
WORE:

Bell bottoms and platform shoes

I NEVER LEAVE HOME WITHOUT:

My purse

YOUR FAVORITE MOTTO:

Be all that you can be.

WHAT MAKES YOU HAPPY?

My husband, Larry.

WHAT MAKES YOU FEEL  
CONFIDENT?

My service in the Army.

WHAT MAKES YOU LAUGH?

My fainting goats.

WHAT HAVE YOU ACCOMPLISHED  
THAT HAS MADE YOU PROUD?

Retired from the Army after 28 years of  
service. Won the Appaloosa World & NSBA  
Championship in Novice Non-Pro Western

Pleasure horse riding.

BEST TIP TO LOOK AND FEEL GREAT:  
Exercise.

HOW DO YOU TAKE CARE OF  
YOURSELF FINANCIALLY?

Work and lots of work!

IF YOU COULD DO OR BE  
ANYTHING YOU WANT, WHAT  
WOULD IT BE?

Veterinarian.

IF YOU KNEW THEN WHAT YOU  
KNOW NOW, WHAT WOULD YOU  
HAVE DONE DIFFERENTLY?

I would have started investing money  
earlier.

HOW DO YOU REWARD  
YOURSELF?

A glass of wine.

MY SIMPLEST PLEASURE:

Riding my horse.

I CRAVE:

Potato chips.

I AM THANKFUL FOR:

My family and friends.

FAVORITE WARDROBE STAPLE:

Jeans.

HOW DO YOU GIVE BACK TO  
YOUR COMMUNITY?

Volunteering my time. ❖





**GREEN HILLS**  
HEALTH CARE CENTER

## DISCOVER THE DIFFERENCE



Amenities	Green Hills	Other Ames Community	Proposed Community
Equity Ownership	Yes	No	Limited
Licensed Assisted Living	Yes	No	No
Medicare Certified Health Care Center	Yes	No	No

To meet with a professional at Green Hills  
and to learn more  
call us anytime at (515) 296-5000.

A Continuum of Health Care  
Apartments and Town Homes with Equity Ownership

2210 HAMILTON DRIVE | AMES, IOWA 50014-8209 | (515) 296-5000



Member of Life Care Services™

www.greenhillsrc.com

From our hands...  
to her heart!



*Ames Silversmithing*

Designers & Goldsmiths

220 Main Downtown 515-232-0080

www.amessilversmithing.com

# Massage...

**THE PERFECT GIFT**

This holiday season Mary Greeley Rehab & Wellness is offering five specially priced massage packages. Whether you are treating yourself or indulging a special someone, these gift packages offer hassle-free shopping and great savings.

## Holiday Massage Specials

### One-hour Packages:

- 2 one-hour massages - \$86
- 5 one-hour massages - \$210
- 10 one-hour massages - \$410

### Half-hour Packages:

- 2 half-hour massages - \$56
- 4 half-hour massages - \$99

(Redeemable at Ames or Story City locations.)

**Special pricing available Nov. 29-Dec. 31**

### Story City

Story City Community  
Health Care Center,  
812 Elm Ave.

### Ames

Lower level,  
Medical Arts Building,  
1015 Duff Ave.



**MARY GREELEY  
REHAB & WELLNESS**

Specialized care. Personal touch.

www.mgmc.org/lfc



**Call 515-733-4029**





# What can a Hy-Vee Dietitian? do for you •



Amy Clark  
RD, LD

Lincoln Center Hy-Vee  
(515) 450-0508



Nicole Arnold  
RD, LD

West Ames Hy-Vee  
(515) 292-5543

## Services Include:

- Individualized nutrition coaching
- Food allergy and intolerance information
- Group nutrition classes
- Supermarket tours
- Group seminars in our store and throughout the community
- Recipe demonstrations
- Wellness and cooking classes
- Begin 10-week Healthy Lifestyle Program

coupon

**\$25** Health  
Screening

Limit 1 coupon per customer. Not valid with any other offer. Good only at your Lincoln Center and West Ames Hy-Vee. Good through January 15, 2014.

Contact your Lincoln Center or West Ames Hy-Vee Dietitian to schedule your screening today.

Your screening Includes:

- BMI and Body Fat %
- Glucose check
- Blood pressure reading
- Waist circumference risk assesment
- Full cholesterol profile